

LA Patchwork

This I Believe

I truly believe that everyone is beautiful. To me, being beautiful doesn't mean you have perfect skin, eyes, nose, or body shape. It means you have a beautiful soul within you that radiates throughout your being and inspires people.

Nowadays, there are so many people who are pursuing beauty – the kind you can get after going to the plastic surgeon's. Face lifts, nose jobs, eyebrow jobs, liposuction – they are all becoming increasingly popular amongst youths. Isn't this the result of how our society has defined beauty? So many people think that they need to achieve our society's standards of beauty to be pretty or attractive. But no, I believe that everyone should love themselves for the way they are, especially since we don't live to please other people.

I used to believe in our society's standards of beautiful, too. Then as I grew up, I realised how much we had been influenced by the stereotypes of modern society. We were corrupted with false ideals – it taught us that being beautiful meant we had to look a certain way. We had buried the true meaning of beauty under piles of mascara, eyeliner, lipstick and diet pills. To me, beauty isn't about what's on the outside; it's about what's on the inside. Sometimes, I observe people and find that they are beautiful even though they do not realise it themselves. The eyes that light up in a genuine smile, the slightly crooked teeth, the frustrated frown, the dimples – they all radiate a kind of innocence and vulnerability that I find so, so beautiful.

Inner beauty is the thing that makes us who we are. What's on the outside can cover up so much of who we really are. I know there are times when we can feel really insecure because of the way we look. But we don't have to. I just wish that everyone can learn to be strong enough to love themselves no matter who they are, or how they look. So many people in the world kill themselves because they feel that they don't meet up to our society's standards of beautiful, and it really kills me to know that so many precious lives have been wasted because of society's warped perception of beauty.

Every single person on this planet is beautiful. It doesn't matter if you are tall, short, thin, fat, dark, fair, disabled, or disfigured. It doesn't matter if your sexuality is not what is expected of you. It doesn't matter if your race or religion is not accepted by other people. It doesn't matter if there are so many other people out there who tell you that you are ugly. Because you are not. Because there is hope that our society will change for the better, and accept everyone for who they are. Because there are people out there who believe in you. Because there are people like me, who believe that everyone is beautiful and nothing can convince me otherwise. You are beautiful.